

JANUARY 2022

Live well. Age well.

THE SOURCE

COUNCIL on AGING

1830 S Broadway
Leavenworth, KS 66048
Phone: 913.684.0777
Fax: 913.684.0779
Transportation: 913.684.0778

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IMPORTANT ANNOUNCEMENT

Senior Express Transportation Pricing

For years, the Council on Aging has worked hard to serve you/your family while charging very reasonable prices for transportation. We will continue to make this effort, but due to several increases in operating costs, we will need to enact some changes to our pricing structure.

Beginning February 1, 2022, the pricing structure will be as follows:

- \$2.50 per one-way trip within the County, including drive-thru business trips.
- \$10.00 per one-way trip to the Parallel Corridor, including Providence Medical Center and the Legends-area medical plazas.*
- \$15.00 per one-way, out-of-County medical trips within a 50-mile radius of Leavenworth.*

We value you as a client and want to continue serving you. If you have questions or concerns about this increase, please contact us at 913.684.0777.

* \$100.00 per week maximum per client.

Our Programs

Attendant Support
Chore Assistance
Errand & Shopping Support
Information & Assistance
Legal Service
Leisure & Learning Program
Pets & Loving Seniors Program
(PALS)
Pet-2-Vet Program
Senior Health Insurance Counseling
Social Services
Support Groups
Telephone & Visiting Support
Senior Express Transportation



Did you know?

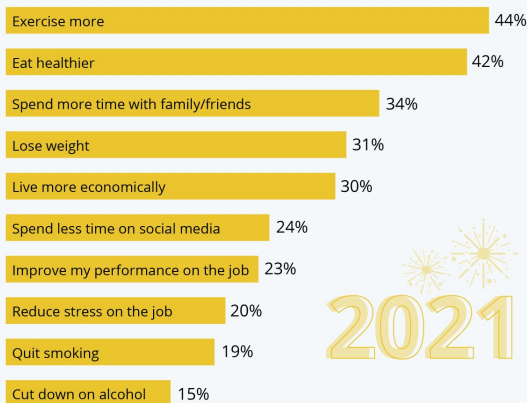
The earliest known New Year celebrations were in Mesopotamia and date back to 2000 BC.

In 46 B.C., Julius Caesar introduced a new solar-based calendar and decreed that the new year would occur on January 1st.

Source: Infoplease.com, 12/2020

America's Top New Year's Resolutions for 2021

Most popular new year's resolutions among those planning to make one or several



Survey of 531 US adults, November 2020
Source: Statista Global Consumer Survey



statista

2021

Source: Statista, 12/2020

In the United States, the most iconic New Year's tradition is the dropping of a giant ball in New York City's Times Square at the stroke of midnight. Millions of people around the world watch the event, which has taken place almost every year since 1907.

For interesting New Year's traditions from around the world, click the link below.

[Most Fascinating New Year Traditions Around the Globe – Big 7 Travel \(bigseventravel.com\)](https://bigseventravel.com)



VOLUNTEER INCOME TAX ASSISTANCE

HELP IS PROVIDED FOR:

- ⇒ Federal Tax Returns
- ⇒ State Tax Returns
- ⇒ Homestead Filing



Taxes are prepared by appointment only.

The tax service is provided to qualifying seniors free of charge beginning February 1, 2022.

Beginning January 18th, you can call the COA office at 913.684.0777 to schedule an appointment.

Contact Dawn if you are interested in volunteering to prepare taxes. VITA training will be held January 10-14, 2022.

Happy Birthday
KANSAS
Established January 29, 1861



MUFFINS & MAMMOS



St. John Hospital is offering is an opportunity for COA seniors to enjoy company and muffins while you take care of your important annual mammogram. This is a screening only, and must be one year since last screening mammogram, no known lumps or tenderness, and no breast cancer in the last five years. Bring your ID and insurance card. Please NO deodorants, perfumes or powders on the day of screening.

Date: **January 19, 2022 @ 9:00am**

Call Jessica at 913.684.0777 to register by **January 14th.**

If you need transportation, contact the Senior Express Transportation department at 913.684.0778.

Nutrition Corner

Healthy Weight Week

National Healthy Weight Week kicks off annually during the **third week in January**. The observance aims to reinforce healthy eating as a way of life instead of dieting to lose weight. It also provides tools to help establish healthy relationships with food, a positive body image, and approaches to improving healthy habits.

BMI (body mass index) is a key sign of overall health. Guidelines recommend that all adults keep their BMI between 18 and 24.9. A BMI of 25 and over indicates that you are overweight. And a BMI over 30 is considered obesity.

However, it is possible that a few extra pounds may not be as harmful to those over age 65 as they are for younger people. In fact, being underweight is something older people should avoid.

BMI is calculated by dividing your weight in kilograms by your height in meters squared. Click the link below to calculate your BMI.

[Body Mass Index \(BMI\) Calculator - Menu With Nutrition](#)

Weight Maintenance Goals

When trying to stay healthy, you should work with your doctor to set the right goal for you. Despite what charts and calculators may say, the target BMI is not the same for everyone. You may need to factor in additional considerations.

If you have diabetes, for example, your doctor may recommend that you lose weight. But your doctor may ask you to try to eat more of certain foods if you have anemia.

As you get older, some situations make it more challenging to reach your target BMI.

These factors include:

- Health issues
- Changes in activity level
- Medications
- Metabolism changes

As you face these challenges, you may need the help of a nutritionist. A nutritionist can guide you as you set your calorie goals. Nutritionists can also help you decide whether you need to take vitamin and mineral supplements.



DELIVERING SO MUCH MORE THAN JUST A MEAL

Meals on Wheels has been guided by a single goal since the first known U.S. delivery by a small group of Philadelphia citizens in 1954 – to support our senior neighbors to extend their independence and health as they age. What started as a compassionate idea has grown into one of the largest and most effective social movements in America, currently helping nearly 2.4 million seniors annually in virtually every community in the country.

CHALLENGES ARE FACED EVERY DAY

Today, the average life expectancy is at a record high of 79 years. As we get older, even the most independent among us may experience physical declines or financial hardship that strips away our independence. Add to that an increase in geographic mobility of our families, and the result is millions of seniors across America are left behind, hungry and alone.

Leavenworth County Council on Aging Nutrition Department

The Nutrition Department's goal is to provide a hot, balanced and nutritious noon-day meal to senior citizens, age 60 and older, of Leavenworth County. This service enables individuals to remain independent and at home. The department's success is dependent on volunteer help and donations. Please let us know if you would like to help!



Georgia Moore
Nutrition Coordinator
Council on Aging
913.684.0776

gmoore@leavenworthcounty.gov

The Leavenworth County Meals on Wheels program provides over **7,500** meals each month to seniors in our community. This would not be possible without our staff and volunteers who are dedicated to making sure no senior is left behind. Please consider joining our mission!

Source: Meals on Wheels America, n.d.

Join the Council on Aging for a Winter Warmup Luau on January 28, 2022

Time: 1:00 - 2:00 pm

**Location: 1830 S. Broadway
Leavenworth, KS**

Fee: \$3 at the door

**Call 913.684.0777 to RSVP by
Wednesday, January 26.**

Space is limited.



Winter Olympics **SAVE THE DATE** February 4, 2022

Time: 1:00 - 3:00pm

Location: 1830 S. Broadway
Leavenworth, KS

Call 913.684.0777 to reserve a spot.



GUEST SPEAKERS



Saint John Hospital Cardiologists Dr. Katrapati and Dr. Pasnoori will join us for cardio drumming and heart health education!



Games



Cardio Drumming



Snacks

P. A. L. S. - Pets And Loving Seniors

Pets become a very important part of our lives, and for many, they are like family. As we age, pets are extremely important to our well-being: they supply companionship, unconditional love and a sense of responsibility. Unfortunately, many people find it more difficult to feed their loved pets due to restricted income and health issues. Due to lack of funds, many recipients of Meals on Wheels share their noon-day meal with their pet.

P. A. L. S. is a program designed for seniors, age 60 and older, to help ease the burden of buying food for their pets. Through the generous donations of pet food and funds from community members and businesses, we are able to assist in providing meals and necessary supplies to pets.

If you are interested in contributing to this program, look for our **P. A. L. S.** donation boxes located at supporting retail stores in Leavenworth, Lansing, and throughout the county. You can also call to make an appointment to come by or mail in a donation to our office.

For more information about this program and qualifications, please call our office at 913.684.0777. We are located at 1830 S. Broadway, Leavenworth, KS 66048.



Winter Weather Pet Safety Reminders

Make Some Noise: Cats like to find warmth in cars. Bang on your hood or honk the horn before starting your car to give them time to escape.

Keep Pets Inside: Limit time outside when the weather is below freezing.

Check Their Paws: Ice accumulation or frost bite can occur. Clean ice or ice melt from paws as soon as possible.

Play Dress-up: Try a coat or sweater for outdoor visits if your dog seems to get cold easily.

Provide Shelter: The best bet is to bring outdoor pets inside. If pets spend a lot of time outdoors, give them proper shelter with warm, dry bedding. Extra calories during the winter allow pets to produce more body heat. Check water bowls to ensure they are not frozen.



Around Emily's Kitchen Table

Join Emily as she shares hints and ideas for fresh twists to some of your favorite recipes. Her degree in Food Science and love of cooking will inspire you to add to your recipe box!



Sausage Grits Casserole

Serves: 4

Prep Time: 20 min.

Cook Time: 25 min.

INGREDIENTS:

3 c. water

$\frac{3}{4}$ c. quick cooking grits

$\frac{1}{4}$ c. butter or margarine

$\frac{1}{2}$ pound ground sausage

2 c. shredded cheddar cheese, divided

1 tsp. salt

1 tsp. garlic powder

1 small can diced green chilies

2 eggs

$\frac{1}{4}$ c. milk

INSTRUCTIONS:

Preheat oven to 350°. Cook sausage and drain. In large saucepan heat water on high to a rapid boil. Stir in quick grits and salt. Reduce to a simmer and cover pan. Stir often and continue to cook for 5-7 min. Remove from heat. Stir in butter until melted. Add 1 c. shredded cheese and mix to melt. Stir in cooked sausage and green chilies. Add eggs and milk, mixing well. Pour mixture into greased 1 $\frac{1}{2}$ quart casserole dish. Sprinkle with 1 c. shredded cheese. Bake in 350° oven for 25-30 minutes or until set. Let stand 5 minutes before serving.

Enjoy!



For our full events and activities calendar, go to our homepage @ [Council on Aging \(leavenworthcounty.gov\)](http://Council on Aging (leavenworthcounty.gov))



To be added to our email distribution list, please contact us @ seniors1st@leavenworthcounty.gov

MASK REQUIREMENT

Out of an abundance of caution due to the continued increase in positive COVID cases in Leavenworth County and to ensure everyone's safety, the *Council on Aging* will continue to require masks when participating in programs and services offered by our agency. We thank you in advance for your understanding.

MEALS ON WHEELS VOLUNTEERS ARE NEEDED

Do you have 1 ½ hours during the week? (late morning)

Do you like meeting new people?

Do you want to help those in our community?

Do you drive?

If you would like to be a Meals on Wheels volunteer, contact Scarlet Ross at the Council on Aging by calling 913.684.0786 or email sross@leavenworthcounty.gov

All Meals on Wheels volunteers must be able to pass a criminal background check.

Some services are funded in part by the Older Americans Act and are provided without discrimination on the basis of race, color, religion, national origins or sex. If you feel that you have been discriminated against, you have the right to file a complaint with the Area Agency on Aging @ 1.888.661.1444

This informational brochure is published by:

Leavenworth County Council on Aging

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Aging Resources

Adult Protective Services.....1.800.922.5330

Emergency Respite:

Country Care......913.773.5517

Medical Lodge.....913.772.1844

Guidance Center.....913.682.5118

Kansas Aging and Disability Resource
Center.....855.200.2372

Leavenworth County Health Department
.....913.250.2000

Medicare 1.800.633.4227

Poison Control Center.....1.800.222.1222

Property Fraud Alert Hotline....1.800.728.3858

Social Security Office1.800.772.1213

Wyandotte Area Agency on Aging
..... 913.573.8531

SENIOR EXPRESS TRANSPORTATION

We are available to assist with your transportation needs for seniors age 50 and over, as well as persons of any age with disabilities. Services include shopping and business (bank/post office) trips once per week, and hair-dresser appointments as well as transportation to medical trips and for work. As always, reservations are required, and taken on a first call, first serve basis, for all trip purposes. A fee is required per trip per person.

Rides are one person per vehicle (unless you require an attendant), and masks will be required for all Senior Express Transportation trips.

For current service status and to schedule your trip, call 913.684.0778. Office Hours: Monday-Friday 7:00 am - 4:00 pm Service Hours: Monday-Friday 8:00 am - 3:00 pm Closed on weekends and most Federal holidays. Handicap Accessible.